

Ladder Carry (Raise and Set)

Description of the Exercise:

The applicant will walk to the fire engine, starting from a pre-determined point and remove a twelve foot (12') roof ladder and proceed to the side of a building and set and raise the ladder to its proper climbing angle. The applicant will then be instructed to lower the ladder and return the ladder to original starting position of the fire engine.

Equipment to be used:

One (1) Twelve foot (12') Roof Ladder

Measure:

This exercise measures the recovery rate and overall body strength and ability to handle weight in motion and the general body strength of the applicant.

Note: If the applicant does not check the proper angle of the ladder then a penalty of five (5) seconds will be added to the total time.